

## India Valley of Flowers Trek

**Location:** Chamoli, Uttarakhand, India   **Duration:** 8 Days   **Max altitude:** 4,329 m (Hemkund Sahib)

**Difficulty:** Moderate   **Group size:** 4–14 people

### Overview

Walk through a UNESCO World Heritage Site bursting with over 600 species of wildflowers in this stunning Himalayan valley in Uttarakhand, India. The trek combines the famous Valley of Flowers National Park with a pilgrimage to Hemkund Sahib (4,329 m) — the world's highest gurudwara. From late June to early September, the meadows transform into a riot of colour with primulas, poppies, anemones and rare blue Himalayan poppies.

### Highlights

- UNESCO Valley of Flowers National Park
- Over 600 species of wildflowers
- Hemkund Sahib (4,329 m) — highest gurudwara
- Govindghat & Ghangaria base villages
- Pristine alpine meadows

### Day-by-Day Itinerary

#### DAY 1 Drive Haridwar to Joshimath

1,875 m. Long but scenic mountain drive.

#### DAY 2 Drive Joshimath to Govindghat, trek to Ghangaria

3,049 m. Begin the trek.

#### DAY 3 Day trek — Valley of Flowers

3,658 m. Walk through the famous valley.

#### DAY 4 Day trek — Hemkund Sahib

4,329 m. Pilgrim trek to the lake.

#### DAY 5 Buffer day / repeat valley

Free day or extra valley exploration.

#### DAY 6 Trek Ghangaria to Govindghat, drive to Joshimath

Long descent and drive.

#### DAY 7 Drive Joshimath to Haridwar

Return to lowlands.

## DAY 8 Departure

Onward travel from Haridwar.

### What's Included

- ✓ Forest entry permits
- ✓ Local Indian guide
- ✓ Porter (1 per 2 trekkers)
- ✓ Guesthouse accommodation
- ✓ All meals during trek
- ✓ Haridwar transfers

### What's Not Included

- ✗ International flights
- ✗ India visa
- ✗ Travel insurance
- ✗ Personal expenses
- ✗ Tips

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This itinerary is indicative; final program is tailored to your dates and group.